

 Politécnico da Guarda Escola Superior de Educação, Comunicação e Desporto	GUIA DE FUNCIONAMENTO DA UNIDADE CURRICULAR			MODELO PED.007.02

<i>Course</i>	Master in Sports Science			<i>Academic year</i>	2021/2022		
<i>Subject</i>	Methodology Of Group Activities			ECTS	5		
<i>Type of course</i>	Compulsory						
<i>Year</i>	1	<i>Semester</i>	2nd semester	<i>Student Workload:</i>			
<i>Professor(s)</i>	Bernardete Antunes Lourenço Jorge			<i>Total</i>	135	<i>Contact</i>	30
<i>Area Disciplinary Coordinator</i>	Carolina Vila-Chã						

Planned SD

1. OBJECTIVES AND SKILLS TO BE ACQUIRED

- 1.1. Enable up-to-date training, capable of providing a foundation for the practices carried out;
- 1.2. Recognize the importance of physical activity in everyday life;
- 1.3. Promote the ability to plan, teach and assess didactic-methodological situations for teaching the various group activities;
- 1.4. Know and properly use the equipment and material resources inherent to gym classes;
- 1.5. Know the physiological responses (heart rate, energy expenditure...) of step, aerobics, jump, group cycling classes;
- 1.6. Know and master the movement patterns of different sports.

2. SYLLABUS

Within the scope of the different gym/group activities covered (Aerobics, Step, Zumba, Localized Gymnastics, Circuit and Body Balance) the following contents will be explored:

- Characterization of the different phases of the class and their specificities. Practical examples of each phase;
- Use of alternative materials such as dumbbells, elastic bands, Swiss balls, anklets, steps, etc.);
- Choreography teaching methodology;
- Complexity and intensity of the training session;
- Variation of technical gestures associated with the heterogeneity of the population (adjusting the complexity and difficulty of execution individually).
- Muscle strength in group activities;
- Power center training (CORE);
- Preparation of practical sessions plans.

3. DEMONSTRATION OF THE CONTENTS COHERENCE WITH THE CU OBJECTIVES

The learning objectives defined for this UC aim to provide students with new knowledge and fundamental skills for the planning and structuring of physical exercise through group classes in gyms and gym clubs. In this way, the syllabus of the UC were selected and structured according to the learning objectives.

In this way, the syllabus are consistent with the objectives of the UC, as all points of the syllabus intend to achieve all goals. In summary, the UC was structured with content with the objective of contributing to the understanding, by the student, of the importance of the modalities for the improvement and improvement of their intervention as a technician.

4. BIBLIOGRAPHY

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5. TEACHING METHODOLOGIES (EVALUATION RULES)

5.1 Teaching Methodology

Classes consist of sessions with an essentially theoretical-practical character, being taught in the appropriate sporting spaces, namely: group activities room and open spaces. The more theoretical sessions are given in the classroom.

5.2 Evaluation Rules

The evaluation to be carried out in this curricular unit follows the stipulated in the ESECD Evaluation Regulation. The student is entitled to two types of assessment: Continuous Assessment and Final Assessment.

5.2.1 Continuous Assessment: carried out throughout the semester, it includes the assessment of the parameters described in the following table and respective weights in the final grade:

Elements to be evaluated Weighting

Classroom Assessment Class participation during the semester 20%

Theoretical-Practical Assessment (AP) Individual presentation of a 20 min class. in one of the group activities modalities. 30%

Preparation of the lesson plan 20%

Critical analysis scientific article 30%

Description of assessment elements:

Face-to-face assessment – Attendance and active participation during classes, taking into account the student's commitment, motivation, technique and creativity.

Theoretical-practical assessment – Individual presentation of a class, in a gym modality of your choice, according to those taught throughout the semester. Preparation of the respective lesson plan. Critical analysis of a scientific article.

5.2.2 Final assessment - For all students who did not have 2/3 attendance or did not obtain a positive grade in the continuous assessment. The assessment will consist of a written and practical exam.

6. DEMONSTRATION OF THE COHERENCE BETWEEN THE TEACHING METHODOLOGIES AND THE CURRICULAR UNIT'S OBJECTIVES

The teaching methodologies are consistent with the objectives of the course given that the practical methodology makes it possible to achieve all goals. At UC, learning environments are promoted as part of the assessment process. Furthermore, active methodologies are used (stimulating critical-reflective teaching-learning processes, in which the student participates and commits to their learning. This methodology proposes the elaboration of teaching situations that promote a critical approach to the student with reality; reflection on problems that generate curiosity and challenge; identification and organization of the most appropriate hypothetical solutions to the situation and the application of these solutions. The work methodology, by the student, in solving exercises and practical cases, with the objective of consolidating knowledge and in the approach of practical cases and research tasks for students to develop outside contact hours, it also makes it possible to achieve the objectives.

Assessment methods allow you to achieve all goals.

7. ATTENDANCE

Students must have 2/3 of attendance, obligatorily, to be able to take advantage of the continuous assessment, being excluded those who do not comply, who will be admitted to the exam.

Student workers must agree with the teacher on the conditions of assessment.

8. CONTACTS

bernardete@ipg.pt

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